Disclaimer:

All opinions in this magazine are that of the individual writer and/or the noted external source specified on the individual page. They are not those of Glamour Gals National, Glamour Gals McMaster or McMaster University.
# Table of Contents

Editors' Page ................................................... 1
Tea Time ............................................................ 7
Nail Art Trends .................................................... 8
Quarantine Activities ............................................. 9
Sudoku ............................................................... 10
Reading Recommendations ................................. 11
Eye Makeup Trends .............................................. 14
Physiology of Love .............................................. 15
Crossword .......................................................... 17
Chair Yoga .......................................................... 18
White Chocolate Cranberry Orange Cake Recipe .... 19
Popular Albums from 2020 .................................. 20
Words To Live By .................................................. 22
Journaling Tips & Prompts ................................. 23
# Table of Contents

- Romantic Movies ...........................................25
- Spring Crossword ..........................................27
- Immunity Boosting Foods .................................28
- Gigi Hadid's Pasta Recipe .................................29
- Crazy Celebrity Beauty Trends ..........................30
- Brain Workout ................................................31
- Flower Word Search .........................................32
- Origami Butterfly Tutorial ..................................33
- Spruce Up Your Room .......................................36
- Favourite Hamilton Spots .................................37
- Trivia .............................................................39
- Cute Wholesome Stories ..................................41
Hello,

Our names are Stacey and Liz, and we are the Co-Presidents and Co-founders of GlamourGals McMaster. GlamourGals has meant so much to us in the two short years that it has existed. Being able to visit and provide complimentary makeovers to you all has been such a rewarding experience.

When we heard that the unprecedented circumstances of this past year would prevent in-person makeovers/manicures we were extremely disappointed. We knew that we had to do something to keep connected with all of you wonderful people. And so the "My Dear Friend" letter campaign was born. Writing to you all was a pleasure and we hope our letters put a smile on your faces! But we didn’t want to stop there. We knew that our team was capable of so much more...And that is how this magazine idea came into existence.

Our team has worked so hard over the past few months to put this magazine together, and we are so proud of how it has turned out. We hope that as you read these pages you will learn a few things, smile a lot, and most importantly feel connected to all of the amazing people who wrote these pages. We hope to see you all soon to resume our makeovers/manicures, but for now we wish you all a safe and healthy summer!

Take Care!

Lizmarie Correia
Stacey Correia
The Editors' Page

Name: Jaanuni Shanjith
Program: Honours Life Science
Year: 3
Fun Fact: Once I lived with 9 dogs for four months!

Name: Maha Saleem
Program: Honours Life Sciences
Year: 3
Fun Fact: I have an identical twin!

Name: Katelyn Curkan
Program: Psychology, Neuroscience, and Behaviour
Year: 3
Fun Fact: I recently took up crocheting!

Name: Marina Wolters
Program: Psychology
Year: 3
Fun Fact: I really love Sudoku and any variation I can find of it!
The Editors' Page

Name: Claudia Lubelski
Program: Biology
Year: 3
Fun Fact: I love to bake and my favourite dessert to make/eat is strawberry cheesecake!

Name: Crystal Chen
Program: Health Sciences
Year: 3
Fun Fact: I love watermelons, squirrel watching, and art.

Name: Crystal Zhang
Program: Biology
Year: 3
Fun Fact: I’m a classically trained pianist of 10 years!
Name: Grace Liu
Program: Health Sciences
Year: 3
Fun Fact: I love animated movies (especially Disney) and will sometimes secretly cry when I watch them.

Name: Waslat Waizi
Program: Honours Life Sciences
Year: 3
Fun Fact: Pasta is something that I can have everyday without getting tired of it!

Name: Aditi Selvaraj
Program: Honours Life Sciences
Year: 3
Fun Fact: I consider myself somewhat a bubble tea connoisseur - pro tip, always go for the milk teas over slushies.

Name: Simranjit Kaur
Program: Honours Life Sciences
Year: 3
Fun Fact: I used to play the clarinet back in highschool!
The Editors' Page

Name: Abigail Jacob  
Program: Health Sciences  
Year: 3  
Fun Fact: I love coffee at all times of the day!

Name: Dana McAuley  
Program: Environment and Society  
Year: 3  
Fun Fact: I played Trumpet for 11 years!

Name: Dina Khalaf  
Program: Honours Life Sciences  
Year: 3  
Fun Fact: I am a curious person that's always seeking knowledge. That's why trivia is one of my favourite activities!

Name: Hooriya Masood  
Program: Honours Life Sciences  
Year: 3  
Fun Fact: I can say I love you in over ten different languages!
The Editors' Page

Name: Kathryn Marjadsingh
Program: Honours Life Sciences
Year: 2
Fun Fact: I love to bake!

Name: Simran Gill
Program: Health Sciences (Child Health Specialization)
Year: 3
Fun Fact: I like to play the guitar and garden.

The GlamourGals Foundation mission is two-fold: addressing elder isolation while building empathetic teen leaders. Our signature program organizes teen volunteer chapters to provide companionship and complimentary beauty makeovers to seniors living in residential care.
Welcome to TEA TIME

Throughout my entire life, tea or as we call it 'chai', has been a staple in our diet. Over the years, I have experimented with different ratios of ingredients to figure out how to make the perfect cup. Although I consider this my secret recipe, I thought my secret would be safe with you!

By: Simranjit Kaur

1. Place 1 cup of water in a pot over the stove on high heat.

2. Drop 1 orange pekoe tea bag into the water.

3. Crush 3 pieces of cardamom and 3-4 cloves using a mortar and pestle. Pour the mixture into the pot.

4. Place 3 teaspoons of granulated sugar into the pot.

5. Once the mixture has boiled for 30-90 seconds add 2 cups of milk.

   Carefully watch the mixture so it does not boil over. Once the chai begins to rise, remove from heat, strain and enjoy!

**Recipe Makes 3 Cups of Chai**
1950's
Deep red almond shaped nails were very popular during this time.

1960's
Pastel pink was all the rage in the 60's.

1970's
Things changed in the 70's where long, sparkly nails became popular.

1980's
Neons and rhinestones took over in the 80's.

1990's
Short and dark nails swept through in the 90's.

2000's
The popular french tip nails appeared in the 2000's.

2010's
We started to see nude nails with glittery tips here.

2020's
Pastels became popular again, but this time with abstract line art.

Information From Buzzfeed: Here's What 100 Years of Nail Trends Look Like in 2 Minutes
By: Simranjit Kaur
Fun Quarantine Activities

**BAKE A CAKE**
A fresh baked cake is always a fun activity, and a yummy one too!

**JEOPARDY NIGHT**
Play Jeopardy with fun categories such as movies, music, or even Disney characters.

**FOLLOW A BOB ROSS PAINTING VIDEO**
Pick your favourite scenery and paint with the expert help of Bob Ross.

**PLANT SOME SEEDS**
Plant some flower or vegetable seeds in a flower pot... P.S. you can paint the flower pot too for extra fun!

**WRITE A LETTER TO SOMEONE YOU CARE ABOUT**
Everyone needs a little bit more love during quarantine!

**LEARN SOME TIK TOK DANCES**
Light exercise is always great to keep your body moving! Tik Tok dances are super hip and are easy to find on YouTube.

**KARAOKE NIGHT**
Sing along to your favourite songs by your favourite artists. Abba and Elvis Presley are great choices.

**PAINT YOUR NAILS**
Pamper yourself by painting your nails and giving yourself a manicure.
Each row, column, and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

There are 6,670,903,752,021,072,936,960 possible Sudoku puzzle variations!

When Sudoku first became popular in North America, it caused a 700% increase in pencil sales!
Book: *Where The Crawdads Sing*
Author: Delia Owens
Genre: Coming-of-age, historical, romance

When "Marsh Girl" Kya Clark is accused of murder, she reflects on her isolated childhood, lost loves and her deep connection with nature in the wild marshlands of North Carolina.

Book: *The Fountains of Silence*
Author: Ruta Sepetys
Genre: Historical

In 1957 Madrid, two lives converge under the facist dictatorship of General Franco. Aspiring photographer Daniel Matheson joins his American oil-tycoon parents on a business-trip while hotel-employee Ana struggles stay hidden in a city with eyes everywhere.

Book: *Little Fires Everywhere*
Author: Celeste Ng
Genre: Mystery, family

Two families, one led by single-mother and struggling artist Mia Warren and the other, led by wealthy matriarch Elena Richardson become intertwined through the friendships of their teenaged children. A house burns down, a baby is warred over, and secrets are unearthed.
**Book: Indian Horse**  
*Author: Richard Wagamese*  
*Genre: Drama, coming-of-age*

Saul Indian Horse recounts his history, one that follows him as he is stolen from his family, is sent to a residential school and discovers his salvation; hockey. In 1960's Canada, Saul experiences intergenerational trauma, racism and cultural-displacement against the bleak loveliness of northern Ontario.

**Book: Normal People**  
*Author: Sally Rooney*  
*Genre: Coming-of-age, contemporary romance*

An introspective, years-long story of love, the Irish-class system and self-destruction between the popular, well adjusted Connell and the proud, lonely Marianne.

**Book: Trevor Noah: Born a Crime**  
*Author: Trevor Noah*  
*Genre: Memoir, coming-of-age*

Comedian and host of the "Daily Show" Trevor Noah shares stories of his childhood growing up biracial in Apartheid, South Africa. With humour, love and truth, Trevor Noah pays tribute to his mother and presents his childhood in solemn recollection.
**Book: The Glass Castle**  
Author: Jeannette Walls  
Genre: Memoir, family, coming-of-age  
Raised in a van across America, by "excitement addict" Rose and "fearless nomad" Rex, the Walls children stick together. A tender story of unconditional love despite betrayal and family-disillusionment.

**Book: Get a Life, Chloe Brown**  
Author: Talia Hibbert  
Genre: Romance  
After a near-death experience and armed with a "Get a Life" to-do list, Chloe Brown enlists the handsome, friendly Redford Morgan in an effort to rebel, become more than her chronic illness and start living.

**Book: Emma**  
Author: Jane Austen  
Genre: Classic, romance  
Emma Woodhouse is wealthy, witty and willful. Delighting in a new friendship and under the disdain of close family-friend Mr. Knightly, Emma plays matchmaker to hilarious effects.
Eye makeup trends by decade

1920s: Dark, Smokey eyes
1930s: Pencil thin brows
1940s: "The more the better"
1950s: Winged eyeliner
1960s: The more the better
1970s: Bold Brows
1980s: Dark, Smokey eyes
and my heart skipped a beat...

Remember it? You were walking down the school hallway, or into the office, or maybe out of a café, when you saw them: your picture-perfect other half. Your eyes met and your stomach flipped, and the smallest of gestures would leave you with the deafening sound of your heart pounding in your ears. Forget butterflies — this was something else entirely.

These are likely feelings you've encountered over the years: your heart skipping a beat, heat rising to your cheeks, even bouts of dizziness. And when you've been heartbroken, you've probably welcomed the long lasting and constant dull ache in your chest. But have you ever stopped to wonder why or how emotions can trigger such physical responses from our bodies?

For starters, emotional and physical pain use the same areas in our brains. And when we fall in love, chemicals like dopamine, oxytocin, and adrenaline, are responsible for our newfound euphoria. Researchers have even compared the feelings we encounter in those moments to drugs. The results are so strong, that emotional pain can lower your immune system. Moreover, these different chemicals of the brain released during different stages of love do separate things. Some, like oxytocin, deepen emotional bonds. Others can make you feel sick, like the stress hormone cortisol, which contracts your blood vessels leaving you — quite literally — lovesick.
Falling in love, unfortunately, isn’t the only stress-inducing change our bodies can face. Heartbreak is also quite powerful — and painful. We’ve all had, or at least heard of, a broken heart, but have you heard of Stress Cardiomyopathy? Despite the sophistication behind it’s name, the more common term is “Broken Heart Syndrome”. This condition weakens the heart muscles, and even has the potential to cause heart attacks, when one is in emotional distress.

Remember — despite the potential of heart attacks and the lovesickness — the results of love can be wholly positive too. The drug-like euphoria mentioned earlier, for example, can leave you giddy and unreasonably happy. And the adrenaline of being with people you love can be addictive (in the good way). There are also, believe it or not, methods to relieve heartbreak — if only by a little. Try coming to terms with what has transpired, meditate, connect with your friends and other loved ones, and pick yourself up in every little way you can.

Soon the heartache, both the emotional and physical, will melt away — at least until you find something (or someone) new to love!
Crossword Time!

Across:
7. Come out
8. Anger
9. Proverb
14. Sample
17. Boisterous
22. Havoc
24. Source
25. Family group
27. Damp
28. Reveal
30. Many times
31. Blank look
33. Run

Down:
1. View
2. Crude
3. Stable
4. Ethical
5. Legends
6. Fresh
10. Enrage
11. Abnormal
12. Meeting
13. Cunning
15. Not amateur
16. Subtlety
18. Outer edge
19. Drift
20. Earlier
21. Deny someone
23. Long for
26. Tall tale
29. Enemies
32. Time period
white chocolate cranberry orange cake

A MARJADSINGH FAMILY FAVOURITE

Ingridents:

• 1 package of Baker's White Chocolate (9 oz.)
• 2 cups of flour
• 2 tsp. Magic Baking Powder
• 1 cup butter, softened
• 1 cup packed brown sugar
• 1/2 cup granulated sugar
• 4 eggs
• 3 Tbsp. zest and 5 Tbsp. juice from 1 orange, divided
• 1-1/2 cups cranberries

Directions:

• Heat oven to 350°F.
• Chop 9 oz. of chocolate into small squares.
• Combine flour and baking powder.
• Beat butter and sugars in large bowl with mixer until light and fluffy.
• Add eggs, orange zest and 3 Tbsp. orange juice; mix well.
• Gradually add flour mixture, mixing well after each addition. Stir in chopped chocolate and cranberries.
• Pour into greased and floured 3-L flutter tube pan.
• Bake for 1 hour to 1 hour and 10 minutes, or until toothpick comes out clean. Cool in pan for 10 minutes.
• Dust with powdered sugar and serve!

ENJOY!
POPULAR ALBUMS FROM 2020!

**FOLKLORE**
*TAYLOR SWIFT*
Perfect if you like: Indie Folk, Indie Rock, Electro-Folk

**WAKE UP SUNSHINE**
*ALL TIME LOW*
Perfect if you like: Pop Punk, Pop Rock, Alternative Rock

**CHERRY BLOSSOM**
*THE VAMPS*
Perfect if you like: Pop, Pop Rock, Synth-Pop
POPULAR ALBUMS FROM 2020!

**CONFETTI**
LITTLE MIX
Perfect if you like: Pop, R&B

**TICKETS TO MY DOWNFALL**
MACHINE GUN KELLY
Perfect if you like: Pop Punk

**PLASTIC HEARTS**
MILEY CYRUS
Perfect if you like: Rock, Pop, Synth-Pop, Glam Rock
Words To Live By

Inspiring quotes from a few inspiring women!

My mother told me to be a lady. And for her, that meant be your own person, be independent.

When you know who you are and what you stand for, you stand in wisdom.

The success of every woman should be the inspiration to another. We should raise each other up.

Ruth Bader Ginsburg

Oprah Winfrey

Serena Williams
Journaling is a great form of self-care that you can easily integrate into your daily routine. Journaling only takes a few minutes out of your day, and provides a number of benefits such as...

1. Reduced feelings of distress and negativity
2. Improved memory function
3. Better organization of daily tasks
4. Improved immune functions

K. Bailey, 5 Powerful Health Benefits of Journaling (2018)
Journaling Prompts

Instructions - Use any or all of the prompts below to help get your writing flowing!

1. What is something you would feel awkward or embarrassed sharing with others, yet makes you yourself come alive?

2. What are three things I am grateful for?

3. What is meaningful to me? How can I make space and time to do more of these things?

4. What is one things that made me smile today?

5. When do I feel the most beautiful?
Romantic Movies through the decades

1980's Dirty Dancing

Quote: I'm scared of walking out of this room and never feeling the rest of my whole life the way I feel when I'm with you
Song: The time of my life by Bill Medley and Jennifer Warnes

1990's Titanic

Quote: "I Know, It Doesn't Make Sense — That's Why I Trust It."
Song: My heart will go on - Céline Dion

1960's The Sound of Music

Quote: Climb every mountain ford every stream follow every rainbow till you find your dream
Song: Sixteen Going on Seventeen - Charmian Carr

I am a sucker for cheesy romance movies so I dedicated this page to some of my favourites through out the decades! I have included my favourite quote & song from each as well!

2000's The Notebook

Quote: "It's not going to be easy. It's going to be really hard. And we're going to have to work on this every day, but I want to do that because I want you. I want all of you, forever, you and me."
Song: I'll be seeing you - Billie Holiday
1970's Grease

Quote: "Love is a many splendored thing."
Song: Summer Nights - John Travolta & Olivia Newton-John

1950's An Affair to Remembe

Quote: We'd be a fool to let happiness pass us by
Song: Our Love Affair - Lionel Newman
**Spring Crossword**

**Down**
1. Rabbits eat these
2. Birds build these to lay eggs in
4. Flowers that grow towards the sun
6. First month of Spring
9. The colour of grass

**Across**
3. Plants start to ____ in the Spring
4. We plant these to grow fruits & vegetables
5. A young rabbit
7. April showers bring May ____
8. The season after Winter
5 Immunity Boosting Foods

- Leafy greens
- Strawberries
- Mushrooms
- Bell peppers
- Mango
Gigi Hadid’s pasta Recipe

Ingredients

- 1/4 cup olive oil
- 1 small clove of garlic, dice
- 1/4 green onion
- 1/4 cup tomato paste
- 1/2 cup heavy cream
- 1 tablespoon vodka
- 1 teaspoon red pepper flakes
- 225 grams of shells pasta
- 1 tablespoon of butter
- 1/4 cup Parmesan cheese
- Basil, chopped to serve
- Salt & pepper to taste

Method

In a large saucepan, heat the olive oil, garlic and onion. Cook until soft. Add tomato paste and cook until it appears “darker [in colour] / a bit caramelised”, says Hadid. Add in the heavy cream. Add in the vodka and cook through until evaporated. Add in the red pepper flakes. [There is a special note from the chef here to add in more flakes if you like your pasta extra spicy]. Keep stirring until combined. Season with salt and pepper. Remove sauce from the heat.

Cook pasta separately. The chef uses shells but Orecchiette would also work well. When the pasta is done, save ¼ of the pasta water before draining. Add in the butter. Stir over a medium heat til the butter has melted and the sauce is “saucyyyy”, says Hadid. Add pasta – and the pasta water – to the sauce. Add parmesan cheese and stir. Add more salt and pepper to taste. Top with a sprinkling of parmesan cheese and basil to serve.

And that, my friends, is Gigi Hadid’s Spicy Vodka Pasta.
5 CRAZY CELEBRITY BEAUTY TRENDS

Adapted from Vogue Magazine and Cosmopolitan Magazine Articles


By Stacey Correia

1. **VAMPIRE FACIALS**
   Your blood is taken from your arm and then the platelet component is extracted for use. It is then injected back into your face to increase collagen production, giving you a "youthful glow"
   **COST:** $1300CAD
   **CELEBRITY:** Kim Kardashian

2. **VELATRAPIA**
   A Candle flame is used to burn away your split ends and fly-aways, and prevent future breakage. This treatment is done by qualified hair stylists and can take hours
   **COST:** $200 CAD
   **CELEBRITY:** Victoria Secret Models

3. **BEE STING THERAPY**
   This therapy is also called Apitherapy and literally involves allowing bees to sting your body. It is supposed to reduce inflammation and scarring. Has proven benefits!
   **COST:** $250CAD for first treatment
   **CELEBRITY:** Gwyneth Paltrow

4. **BRUSHING TEETH WITH STRAWBERRIES**
   Brushing your teeth with strawberries mashed into a paste is thought to help whiten your teeth. Strawberries have some whitening properties but this is not proven!
   **COST:** $5-10CAD
   **CELEBRITY:** Catherine Zeta Jones

5. **RED WINE BATHS**
   Leftover red wine is added to a bath to both get rid of extra wine and to use as an exfoliator. The sediments in the wine are used as exfoliation.
   **COST:** Based on how much your wine is
   **CELEBRITY:** Teri Hatcher
Could you Solve these Riddles?

1. What has both a head and a tail but no body?

2. What is something that has many words but never speaks?

3. What has many holes but can still hold water?

4. I’m tall when I’m young, and I’m short when I’m old. What am I?

5. The more you take, the more you leave behind. What am I?

6. What room do ghosts avoid?

Answers:

1. A coin
2. A book
3. A sponge
4. A candle
5. Footsteps
6. The living room


Waslat Waizi
As a child, I grew up gardening in the backyard with my dad. Now as a student, I keep lots of plants in my room and use gardening as a way to relieve stress. My little brother always jokes that my room has the best oxygen in the whole house because of all the plants cleaning the air. Please enjoy this word-search with some common flower favourites!
Oragami Butterfly

Tutorial By: Maha Saleem

Step 1  Take a square piece of paper and fold it horizontally and vertically.

Step 2  Now open it up and fold it diagonally both ways.
**Step 3** Open it up again. Now fold the horizontal folds inwards and press the upper part over them forming a triangle.

**Step 4** Place the triangle you've created on a flat surface. Then fold one of the bottom corners up towards the top corner forming a smaller triangle. Do the same on the other side.
**Step 5**

Flip the triangle over so the folded side is facing downwards. Now take the bottom corner and fold it upwards so the tip extends just a little over the top edge.

![Folded triangle](image1)

**Step 6**

Now fold the tip of the triangle over the top edge.

*fold here!*

![Folded triangle](image2)

**Step 7**

Flip it over, then fold one half over. Now pick it up from the middle point and voila you have your origami butterfly!

*hold it from here!*

![Completed butterfly](image3)

**Final Product:**

![Completed butterfly](image4)
Candles are a great way to create ambience in your chosen room. With so many scents to choose from, floral and fruity to earthy and festive, they appease more than just your sense of sight! Candles are also a lovely way to calm yourself, ease anxiety, improve your mood, provide warmth, or even help you sleep. Scents like lavender, chamomile, jasmine, and rose are great choices to help you relax.

Plants
Bring the outdoors inside with some potted plants! Like candles, this addition to your room also goes beyond aesthetic: plants can purify the air in your room! If you're worried about taking care of them, consider plants that require little water, like succulents. Don't forget to do your research on how much water and light your plants need!

Prints
Prints are an easy and inexpensive way to add elegance or flair to your walls. You can order prints about just about anything - flowers, maps, science, comics, old news clippings, renaissance art - from many online stores or independent artists. Add a frame, even a cheap from the dollar store, and you've taken your print to the next level!
RedChurch has a café and art gallery in one place! There's a café at the front of the shop where you can get coffees, teas, baked goods and sandwiches. The back has a small gallery that rotates artwork monthly. The gallery features local Hamilton artists and is free to visit!

Donut Monster

As the name suggests, this place specializes in freshly made donuts. They have so many unique donuts like the sweet potato fritter and the blood orange hibiscus donut. One of my personal favourites that I'd recommend is the champagne strawberry donut.
**Farmer's Market**

The Farmer's Market is located in the heart of downtown right beside Jackson Square. There are so many vendors here that carry both local and international goods. One of my favourite vendors is the "Mexican Kitchen" that have amazing chicken tacos!

---

**Cootes Paradise**

Cootes Paradise is a place I have been visiting often during quarantine. It is perfect for long walks with several lookout points that give beautiful views of the marsh. This is an amazing spot to enjoy nature and relax. It is also worth mentioning that deer sightings are common!
Cute & Interesting Stories

Turns out, video calling isn't just for humans! Monkeys from two Czech zoos are video calling each other everyday to enjoy each other's company.

This boy and dog are best friends. They wear matching outfits, do yoga and even read bedtime stories together!
A BEGINNER'S GUIDE TO CHAIR YOGA

*approach all exercises slowly to avoid injury*

INHALE

Exhale
1. What is the largest big cat?
   a) Lion  
   b) Tiger  
   c) Cheetah  
   d) Lepord

2. Which year did WWI begin?
   a) 1910  
   b) 1924  
   c) 1989  
   d) 1914

3. What is the capital of Italy?
   a) Rome  
   b) Sicili  
   c) Venice  
   d) Florence

4. Which name does deer meat go by?
   a) Oxtail  
   b) Mutton  
   c) Venison  
   d) Pemmican

5. Which kind of alcohol is Russia known for?
   a) Brandy  
   b) Vodka  
   c) Beer  
   d) Cognac

6. The book "Da Vinci code" was written by who?
   a) Leonardo Da Vinci  
   b) Dan Brown  
   c) Roald Dahl  
   d) Sidney Sheldon
“To the world you may be just one person, but to one person you may be the world”

– Dr. Seuss